

<i>WEEK 2</i>	<i>MONDAY</i> <small>MEAT FREE</small>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
MAIN DISH	Cheese pizza with potato wedges	Chicken korma mild with 50/50 rice	Roast pork with Yorkshire pudding roast potatoes and gravy	Chicken wrap with seasoned cous cous	Fish and chunky chips
VEGETARIAN MAIN DISH	Vegetable frittata	Meat free sausage ragu with wholemeal pasta	Cheese quiche with roast potatoes	Vegetable chow mein	Quorn nuggets with chunky chips
ACCOMPANIMENTS	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS <small>5 A DAY</small>	Lemon shortbread	Fruit jelly	Ginger biscuit	Fresh fruit and ice cream	Spiced apple cake
FRESH FRUIT OR YOGURT	Fresh Fruit Or Yoghurt	Fresh Fruit Or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit Or Yoghurt
JACKET POTATO OR SANDWICH	Jacket Potato And Cheese Sandwich	Jacket Potato And Ham Sandwich	Jacket Potato And Ham Sandwich	Jacket Potato And Cheese Sandwich	Jacket Potato And Ham Sandwich



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE